Tofu Sandwich Spread for 100

Makes: 100 sandwich

Prep Time: 2 hrs

Ingredients:

- **3 cups** miso
- **3 cups** water
- **8 cups** tahini
- **25 lbs** crumbled tofu, firm can be best
- **25** lemons, juice of

Other Options:

- **2 tbsp** cumin or coriander
- **½ cup** garlic powder
- **8 cups** diced onion
- **8 cups** diced celery
- **3 cups** Alaria, Dulse, Kelp, Nori or other seaweed

Equipment:

- **1 medium** mixing bowl
- **1 very large** mixing bowl

The process is the same for making tofu spread for a hundred as you would for six people. In the medium bowl, mix the miso and water into a smooth paste, then add tahini to the mix (add additional water to make smooth, creamy paste). Drain tofu of excess water and crumble by hand into the very large bowl. Squeee the lemon juice over the tofu. Add miso/tahini mixture, and mix well. Add

optional ingredients if desired, and spread on your favorite bread with lettuce, sprouts, and tomato slices.

Vegan tuna-like tofu-spread

Crush seaweed into the tofu spread to give it a tuna like taste. You can use Alaria, Dulse, Kelp, Nori or any edible seaweed you happen to find. Again harvesting seaweed yourself can also be rewarding. It is important to stay clear from areas where the seaweed could be contaminated with oil, radiation or other toxins.

Facebook Twitter Instagram GoFundMe Email Mastodon

This website is developed and maintained by people living in amiskwaciwâskahikan. You can read our full land acknowledgement here.
The code for this website is hosted on github and is licensed under Creative Commons Zero v1.0 Universal.
If you'd like us to delegate DNS for YourGroup.foodnotbombs.us to you, contact Jay Hannah of FNB Omaha. Currently YourGroup is being redirected to the global homepage.